

FREE WORKOUTS ON ROKU

Need something to do during self-isolation? The Office of Care and Civility would like to provide you with a series of FREE workouts you can do at home.

COLLAGEVIDEO

CollageVideo provides classic workout videos from the likes of Denise Austin, Jack LaLanne, and more.

FIT YOU

FitYou is a free fitness channel with a large collection of expert video lessons on yoga, aerobics, kickboxing and others.

SWEAT FACTOR

Sweat Factor features workouts from the world's top trainers and is free for 30 days.

THE YOGA CHANNEL

The Yoga Channel presents simply, one minute yoga routines suitable for all ages and fitness levels.

ALL FITNESS TV

All Fitness TV features a vast library of quality fitness workout programs, including popular workout trends, categories and genres.

FIT AT ANY AGE

Fit at Any Age offers free, full-length, senior friendly workouts, making this a great fit if you have seniors or elderly persons with you.

FREE WORKOUT CHANNEL

Free Workout Channel features core exercises, strength building, a 90 day workout challenge, and even chair exercises.

YOGA BY FAWESOME.TV

Yoga by Fawesome.tv features Ashtanga yoga, Acro Yoga practices, breathing techniques, Hatha yoga, sun salutations, meditation and more.